

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 11150, Chayote, fruit, cooked, boiled, drained, without salt

Report Date: October 23, 2015 07:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	93.43	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Energy	kJ	100	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.62	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.48	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.38	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	5.09	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Fiber, total dietary	g	2.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Sugars, total	g	1.89	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
<b>Minerals</b>													
Calcium, Ca	mg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	29	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	173	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Copper, Cu	mg	0.110	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Manganese, Mn	mg	0.169	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	8.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	0.420	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.408	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.118	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folate, total	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1984
Folate, DFE	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Choline, total	mg	10.5	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	11/2014
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2014
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol)	mg	0.14	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	11/2014
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	4.7	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
<b>Lipids</b>													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2014
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
16:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2014
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2014
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	11149	11/2014
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	08/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
<b>Amino Acids</b>													
Tryptophan	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Alanine	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2014
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2014
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2014